



Tools For Action

A sample of physical education initiatives in Wisconsin

Sports Medicine 101

Contact Information

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Program Information

Program Name
Sports Medicine 101
Program Category
Opportunity to see health careers prior to college
Grade Level
9-12
Assessment Method
Number of materials provided (information distributed)

Program Information

Products Developed or Materials Used:

Program Description:

The class is a pre-college course allowing students to see a variety of avenues in sports medicine ranging from course work to acting as a student athletic trainer. The students are involved in rehabilitation and conditioning programs with the sport teams and aid in injury prevention.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:
<http://dhfs.wisconsin.gov/health/physicalactivity/>
or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)